



## ARCHITECTS TO BEGIN WORK

The contract for Architectural Services is expected to be reviewed and signed by Dr. Umphrey on Wednesday, July 14th. In a joint meeting between The Alabama Building Commission, Volkert and Associates and Dr. Umphrey, service contracts are to be finalized and approved for the "programming" and "master plan" phases of the architectural process.

The programming phase will begin with a team of three architects analyzing the college's current facilities to determine how much square footage the college currently utilizes. This will help determine the size of future facilities. After the facility review is completed, the team will meet with each division, department and various committees to find out "what we want" on our new campus. These interviews will take approximately 6 - 8 weeks.

Once the interviews are finished, the information gathered from our staff, faculty, and administration will be merged with State Building Codes/requirements to develop the "master plan." The master plan phase will include drawings of the buildings, probable landscape designs, streets, and access ways.

The programming phase is to begin in mid-july with the master plan to be developed this Fall. Once the master plan is approved, the college will be in the position of beginning the construction for a new campus!

Begin making notes of your ideas for the offices and services needed. Your opportunity to meet with the architects is just around the corner.

## NEW PROGRAMS TO BE OFFERED

The college has been approved to offer three new programs beginning this Fall. Landscape and Turf Management, Commercial Art, and Travel/Tourism will be offered beginning with the Fall semester.

## SUSAN PUMPHREY LEAVES

Susan Pumphrey, Admissions Clerk on the 15th Street Campus, recently resigned to accept a position with the accounting firm of Money, Jamison, and Farmer.

Best wishes to Susan!

## APPROVAL FOR SALE OF PROPERTY SOUGHT

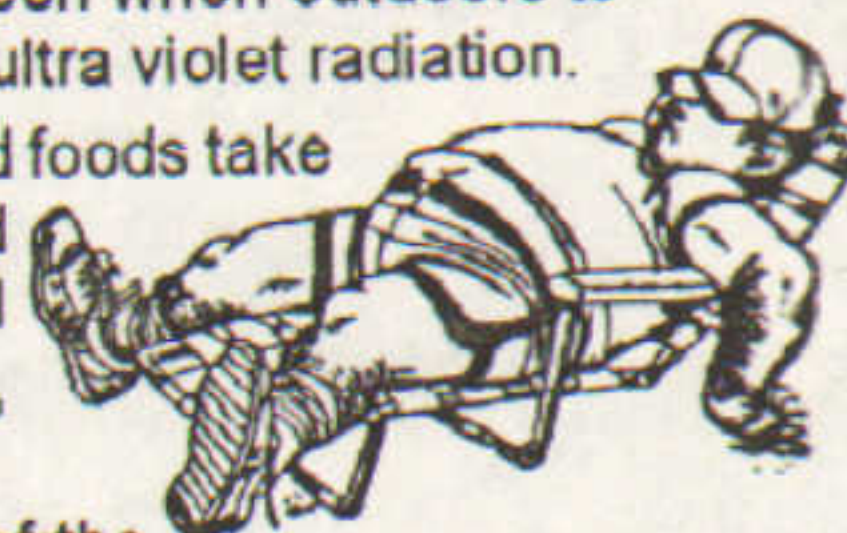
The Alabama State Board of Education is expected to grant approval for the college to accept and negotiate bids for the sale of existing campus properties. If approved, the college will begin immediate negotiations to accept bids to lease the 15th Street and Skyland Campuses.

Stay Tuned!

## FITNESS UPDATE

Here are five tips to help you endure the summer heat from the Wellness Center

1. Drink plenty of fluids, especially water. This is to hydrate and protect you against heat stroke and exhaustion during the extreme temperatures of the summer months.
2. Wear light colored cotton clothing and SPF 15 or higher sunscreen. It is important to wear light colored clothing to deflect the sun's rays and to wear sunscreen when outdoors to protect yourself against the sun's ultra violet radiation.
3. Stay away from fried foods. Fried foods take longer for the body to digest and this taxes the body's ability to cool effectively. Eat plenty of salads, fruits and fresh vegetables.
4. Try to exercise at cooler times of the day. This will prevent the body from overheating during participation in rigorous activities. While exercising drink water every 15 minutes to prevent dehydration and heat stroke.
5. Limit alcohol intake during the summer. It dehydrates the body. Alcohol pulls the water and fluids out of the muscles which makes the body overheat and interferes with the body's ability to cool down.



## FALL REGISTRATION DATES

The following is a list of the registration dates and times for the Fall 94 semester:

### TELEPHONE REGISTRATION

July 20 - 5:30 to 8:30

July 21 - 5:30 to 8:30

July 22 - 5:30 to 8:30

### PRE-REGISTRATION

July 28 - 12:00 to 6:00

### REGULAR-REGISTRATION

August 23 - 12:00 to 6:00

August 24 - 9:00 to 2:00

### LATE REGISTRATION

August 25 - 12:00 to 6:00

August 26 - 12:00 to 6:00

August 27 - 12:00 to 3:00

August 30 - 12:00 to 3:00

August 31 - 12:00 to 3:00

*The first day of classes will be:*

August 25, 1993

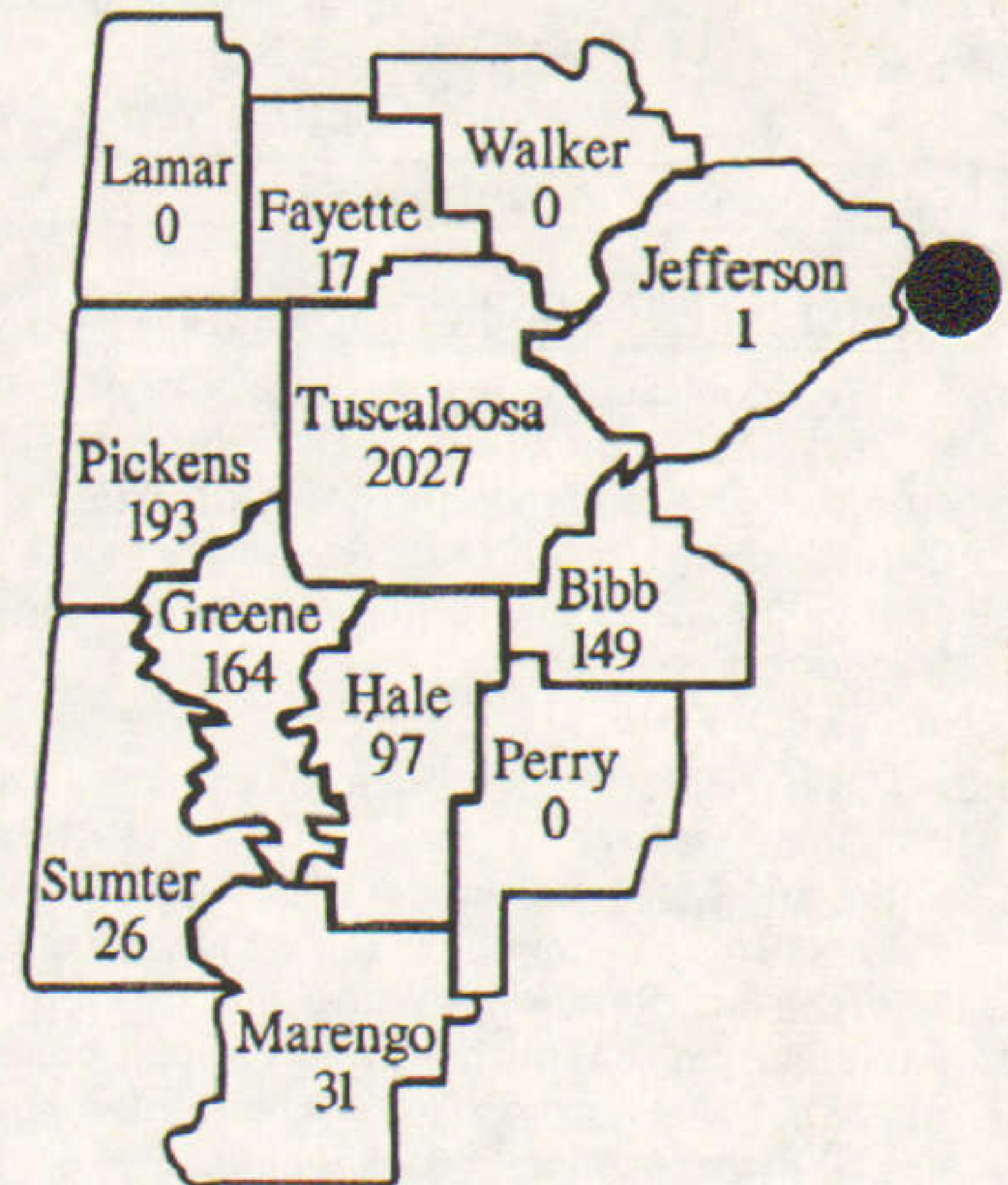


## MEAL TICKETS

Starting August 2, 1993, the cafeterias on both the Skyland and 15th Street Campuses will be selling meal tickets. These tickets will allow you to purchase ten meals at a time, saving you \$5.00. In addition, when you have received your ten meals, you will receive an eleventh meal free. For more information on the meal tickets, please contact the 15th Street or Skyland Cafeterias.



Central Alabama - Student Origins for 93  
This map does not show students with GED or an unspecified high school.



# TUSCALOOSA ZIP CODES

